

## INADEQUATE VITAMIN D INTAKE

(411N, 425L)

**PARTICIPANT TYPE.....INFANTS, CHILDREN**  
**HIGH RISK.....No**

### **RISK DESCRIPTION:**

Routinely not providing dietary supplements (i.e., vitamin D) recognized as essential by national public health policy when an infant or child's diet alone cannot meet nutrient requirements

**FURTHER DEFINITION FOR INFANTS:** Not providing 400 IU of vitamin D for:

- All breastfed infants unless they are weaned to at least 1 liter (i.e., 1 quart or 32 ounces) per day of vitamin D-fortified formula
- All non-breastfed infants consuming less than 1 liter (i.e., 1 quart or 32 ounces) per day of vitamin D-fortified formula

**FURTHER DEFINITION FOR CHILDREN:** Not providing 400 IU of vitamin D if a child consumes less than 1 liter (i.e., 1 quart or 32 ounces) of vitamin D-fortified milk or formula

### **ASK ABOUT:**

- Multivitamin and vitamin D supplement use and dose of vitamin D
- Typical intake of vitamin D-fortified formula or milk per day
- Barriers to obtaining appropriate supplementation such as health beliefs, religious beliefs, cultural practices, and finances

### **NUTRITION COUNSELING/EDUCATION TOPICS:**

- The American Academy of Pediatrics recommends vitamin D supplementation at 400 IU per day to prevent rickets and vitamin D deficiency in healthy infants and children.
- Since 1 quart of milk is in excess of the recommended 2 cups of milk per day for preschool children, most children will require a vitamin D supplement.
- If a physician has prescribed a vitamin supplement for the infant or child, verify that parent is clear about the dosage and how to measure it.

### **POSSIBLE REFERRALS:**

- If vitamin D supplementation is indicated, refer to the primary health care provider.